

The Beginning Stages of Emotional Release

Spoken by Kalindi

GMP Series, Talk 5

Well, it's Kalindi again. It's Tape Five. It's called "Beginning Stages of Emotional Release." Now a lot of what I'm going to say you've heard me speak already and some of it will be repetitive, but there's a reason why it's repetitive, so try to hear. Approach the whole hearing of this with a very open receptivity, this whole tape series. Hearing it is only the beginning and you'll be surprised as you practice it that in even three years after practicing it you're going to go back and listen again and barely understand what I was really talking about.

So. In the beginning stages of part one, depending on how much, if any, work you've done on opening the emotional body and releasing, you'll find that there's many emotions within you that need to be faced, felt and released. If you've never opened the emotional body, you may not even be aware of all the feelings within you that are repressed and suppressed. You may think you're fine and have no problem at all. But within everyone there's pain, heartache, loneliness, despair, hopelessness, anger, resentment, blame, rage, guilt, shame, and the list goes on and on. You can't heal these things through the mind. They don't go away through the mind. They're inside of your being. And it's all of these feelings and emotions that must be opened and felt to their depth with a consciousness of releasing everything into the fire of God's light and healing power so that your being can open up and start to become freed up and more deeply connected to God and your true being, your true being in God, which is a lot different than the false identity and false ego of illusion that you've become identified with.

Your true being and your false being are two different things. So we're talking about you becoming freed up and more connected to your true being. It's through opening and releasing all of these built up and hidden away emotions in a prayerful state to

God to help you release them all that you can be helped by God to heal so many past wounds as you open and release with the desire to let go, be healed and be released of so many of the negative emotions that God can actually help you. If you open the emotional body and release your emotions, whether it's anger or pain, if you don't have the consciousness of prayer to God for help and the willingness and readiness to want to let go of your negative, trapped emotions by releasing and allowing God's energy and presence to fill you, then you'll find yourself in a downward spiral of releasing and crying that is of a wallowing, self-indulgent trap. And I warn you of that. Don't do that to yourself. It is a trap. Better to stay repressed then go into the downward spiral of opening and releasing and going into a wallowing self-indulgent trap.

You must be in prayer as you release and you have to want to let go in all areas that are binding you, that are strangling you and forcing you to remain shut down, resentful and angry. You must be in prayer as you release and you must want to let go in all of these areas, not feel them and want to hang on to them. Feel them and pray and let go. You have to take your pains, your despair and your loneliness and go into it very deeply with a prayerful state to God for his help and you must be willing to inwardly let go and release whatever is necessary. It's a mistake to open the emotional body if you don't want to let go and heal and release it all. A mistake on one hand, on the other hand, you know, it's good to release the emotions, but if you just end up in the emotions without wanting to release, it's going to be counterproductive basically.

And you can cause yourself a lot of further turmoil if you're not willing to let go and release it all. If you don't want to let go and heal, you'll be setting yourself up for an endless roller coaster, an emotional roller coaster, which is not good. And most people like to hang on to their pain and suffering, so beware of that.

By releasing in prayer and being willing and ready to let go, the purging process in your emotional body can move really swiftly and your prayers can be answered. The result of opening your emotional body in a prayerful state and releasing all of the above emotions that I mentioned will bring you to a state where your being is open, and as your being becomes more open, God can actually enter into you with His love, presence and energy to assist you on your journey towards truth and towards the endless love of God that lies within you, which by the way, that is the only place where the endless love of God is, is within you and within those that will go within to bring forth that endless love of God. God must enter to help you go through the depth of all the denied feelings and release them safely. It's with His love, it's with God's love that you'll slowly begin to trust and open yourself fully. Without His love and touch, you'll have way too much fear to go into the depth of release necessary for true healing and opening to occur. So it's pretty necessary that you come in touch with God's touch, with God's feeling, with God's embrace, or to go to the depth that I'm trying to guide you to, you'll be too afraid.

The human condition by nature carries pain and even when you heal old wounds and pains and release your negative emotions, your very living in this world will still bring pain your way because of the nature of the human condition. It will bring pain your way, but you'll be healed of the negative feelings that want to blame and lash out and have rage and anger against something. You'll just be open and with God and be able to endure through that connection with God what's happening in the human condition and great compassion will come into your being. To open fully means your heart is fully open. And an open heart in this world means pains are bound to come and be felt, and the more open you are the more you feel the pain and suffering that's going on around you.

So you see then more compassion comes and as you're with God more and more, detachment comes, and detachment is true care and true love. Detachment is not about not caring. It just means that your heart's become open enough that you can

feel it all and help the world through your compassion. So without the love of God holding you through your purging process and without returning fully into His love, it's not possible to become open in all ways and live in this world of duality. It's too painful. You need God to hold you through it. You need to become one again with Him in order to truly become as the saints are, fully open.

But not everybody's looking for that, so I'm addressing two groups of people here, those that are searching for ultimate freedom and to become again into the heart of God fully and then those that are trying to better their life and help mankind. So throughout your transformation to ultimate freedom and for those of you in pursuit of bettering your life, it is with God's love and presence that part one can even be entered in a way that is beneficial to your well-being. It is God's love and presence that will take you through and your effort and your letting go. There's tremendous fear at times, very frightful at times, purging that must go on in order to come to an open state without repression or denial and truly then be able to calm down your being and gain control over your being for your own well-being to exist and to come into God in a very real state, not some airy fairy state.

To begin with, as you release in part one, you'll find that there may be many surface issues that trigger you, many things in your life have caused you to shut down your true open nature. And all of these issues and seeming surface issues is where you start. In a prayerful state, just to begin with, let everything come up and no matter what it feels like, sounds like or how painful it is, just let it come up. Don't judge what's occurring as you begin your release work. Just release and release and open in prayer and willingness to let go as you release. And if there is nothing really releasing from you, just be in deep prayer because that also begins the process of you going within. Just be in deep prayer.

You may have a meditation where you're crying about some abuse that occurred in your life and that crying may take you deeper and deeper to then feeling anger and

screaming in that anger and then into fear. And you do all this within prayer and desire to let go as you are releasing. You don't do it with the desire to hang on to your pains and fears and angers. And you don't do it with the desire to prove that the whole world is wrong. Everything that's happening is going on inside you and you have to take care of what's going on inside of you and the other people in the world and God will deal with everything else, but you have to go through what you have to go through. So you want to let go and not hang on to resentment or anything. It may very well be someone else's fault, but it's happening inside of you and inside of you is where you have to let go.

You may be of the nature where you don't feel at all, you feel nothing and you feel stuck whenever you try to go into part one. You may say you have nothing to feel and you feel fine and you have no problems. In that case, sit in deep prayer and pray to God to help you to open up your heart to its longing and open up your emotional body because everyone has deep deep longing and deep despair and hopelessness, everyone on the face of this planet. And if you can't feel your own, feel others. So if you are in part one and you feel nothing, let that nothing become frustration. And then when you feel that frustration, perhaps you'll start to feel your anger at being shut down and then that will start your process of opening up and releasing. And remember, you do this all in your pillow, in your towel. You don't put it out on other people, which basically the world is doing, they are running around in war, killing each other, angry with each other, screaming at each other, fighting with each other. It's really bad what's going on, so if you can each start to do this inside of yourself, it will help a lot, more than you know.

For some people, opening up the emotional body will be easier than for others. Most people releasing the emotional body and searching for healing are not going to a place within where God's presence enters to truly help them release and let go. And though the emotional body is releasing easily, God's light is not being accessed to burn up what is trying to be released and His presence is not entering simply

because people don't know that that's how it's going to happen is by calling upon God as you release and wanting to let go.

So there becomes an endless maze of feelings and emotions that keep being released and then new emotions come because of the nature of human suffering. So go to God with your purging process of opening the emotional body and pray and let go and get on with the process of going deeper to where the real problem lies, and that is not in all the endless past and future pains and issues, but in the deepest part of your being where you feel separate and alone and unfulfilled because of the separation from God. That is the bottom line of pain is the separation from God, and on top of that are all the other feelings, anger, fear, frustration, resentment, all of that is on top of this underlying pain.

And at a certain point you'll come to that, at the center of all your pain, and that is the longing in your heart and soul to be loved, to feel love, to feel whole, to be alive, to feel your full passion. And all of that occurs as you deepen your connection to God through opening your being fully to Him. Your true being is in God, and to try to live separate from that is the cause of your endless suffering. As you open to God more and more through deep releasing, letting go and unveiling the heart and the true nature fully, you'll be on your way to returning to God's love, and for those of you desiring, you'll be on your way to moving into ultimate freedom where you return to your origin and you break the cycle of birth and death. To find your way home, you have to find it while you are alive. The True Realm of existence is within and it is here and it is now.

But it is not about material happiness and it is not in the illusion of the bondage of your repression or denial. And it is not in any way in the temporary pleasures of material existence, although there's nothing wrong with participating in the temporary pleasures that come and go. But temporary pleasures are just that, they come and go. To find your way home to the True Realm existence is something

altogether different. And it is here and now and it is very real. But it is not in the illusion. And that is something you just have to come to experience. It is a shift in your consciousness as you truly let go into God. It is your true existence. It is where you are really residing. And it can be found. And you can walk through the doorway if you let go. And, as I said, it is something you have to come to directly experience and know. And part one of the GMP is a very very very large part of having this happen, if you want it, if you're looking for ultimate freedom.

And again I'll say at this point whether you want ultimate freedom or not, you need this meditation just so your life can be lived from a conscious, loving state of awareness. But there is no sense in trying to explain a consciousness of freedom, ultimate freedom. Just know that if you want your true freedom that it is not within the illusion of the material existence at all. That doesn't mean you deny your human condition and your human existence and experience. And to find your way you must in earnest open your emotional body to its core depth in prayer for release and God's entry into you and for your true being in Him to manifest.

Most people will stop short from going to ultimate freedom and they will learn to release into God's healing light and love and carry on with a happy, more loving life in the illusion, which in itself is the best way to live in this world. So that's a great consciousness to achieve because it puts you more in touch with living a more God conscious, loving lifestyle from where you can help mankind to a much greater degree if you yourself come to live with that consciousness.

Now I'm entering into more advanced speaking about part one, but that was necessary to get you to understand that releasing the emotional body in the beginning all the way til the end must be done in prayer and with an attitude of sweet and willing surrender, even though it hurts and it's hard at times. A lot of times it's hard. You must want to open up. You must want to face everything. And you must want to let go of it, all the way, deep within, to find your way to a calm

state, calm and open and receptive where you can begin to access certain very key vital information that you'll be needing to move forward, both materially and spiritually to your best interest.

If you're not moving forward in quest for ultimate freedom, it's so important that you learn how to release your emotional body and your constant triggered feelings that surface in your life into God to help you to keep letting go within and solve your problems within so that you can come to a calm state of being. To open up, and then to blame others and vent your anger and frustration to others will not take you to a place of inner calm where you can access information and solutions. You'll just be blaming others which means you're repressing your own feelings. And if you're not aiming for ultimate freedom you're going to keep creating new life scenarios of illusion. Thus, more problems are going to arise. You can just know that. More problems arise anyway, even just in life, whether you want to get free or not. But if you don't want freedom, you're going to create a life of illusion that's going to cause you even more problems.

So it's really vital that you learn how to pray and release into God. Talk to God within. And then calm down before you move into action in your life in any way. Be in a calm state that's open and accessing the truth from your intelligence. Release your angers, hatreds, jealousy, envy, pain, guilt, shame. Release all of your excess emotional charge on any given situation before you react. First release, calm down, think, access the truth, and then go into action and interaction with, if there's someone in your life that you need to interact with, in your daily life situations. And learn how to not interact with people from either a repressed state of being or an emotionally charged state of being. Neither one of them will get you to a place of truth with another person where there can be a real exchange.

Always you want to practice control of your being. And I said it before and I'll say it again, there's nothing sweeter than control. And when you get the opportunity,

release your emotional body. Try to do it every day and stay open and clear. Then you can remain in a calmer state in access to truth throughout each day if you're constantly having a set time where you're releasing your emotions and going into a deep state of prayer accessing this calm and open state. Part one has to be practiced. You must be open if you want to live in truth, love, loving exchange with others and have a more peaceful state of consciousness. And you can't fool anyone. You can try to pretend like you're open and loving, but it's pretty obvious when people are walking around with a fake smile and they're really just a volcano ready to explode.

So I'm talking to people that really want to move within in a real way. There's enough denial going on. There doesn't have to be denial in the name of light and love going on right now. And there's a lot of that happening. So it's time for the people that are having a smile on their face because they're in so-called love and light to stop that and to get down to some real work so some true love can come through.

But some just regular examples for you of where part one just needs to be practiced is like for instance housewives, they need to release during the day so that they don't take all their negative charge out on their husbands after work or so that it's not taken out on the children all throughout the day. If it's pent up inside it just lashes out, you know, and even if it doesn't lash out in an angry way there's a subtle way that there's manipulation that goes on. So if you can do this release work and get to an open state, even housewives, mothers, you can do it when your children are sleeping. You can just do it for 15 minutes. Release and become open and feel the love and your connection and then get up and wash your face and calm down and see what you need to do next.

And men and women in relationships, or not in relationships, they need to release so that they're not approaching each other in a state that's agitated and will

produce lack of love through unnecessary argument just because there is unreleased, pent-up emotions. There is so much argument and fighting going on because of the denial of these emotions, and it needs to be released. You all must begin to release and pray, release and pray, pray and calm down and control your beings and then think to find solutions to the problems. This entire world of people is one big repressed emotional body that wants to purge itself. And the way is for each person one by one to start to open up the denial and repression and feel everything and pray and let go of it all into God. If you're just releasing it and your prayer for God isn't there and He's not entering, you're not going to get very far. You're going to release and it's going to feel good to release, but you're not going to really be getting freed up from it unless you start to get this contact with God within. The world is holding massive denied feelings. Many people know that. And this movement is already starting to happen, and God has to get really linked up in there. It's time to start to get it opened